



OLDER AMERICANS MONTH 2006



independence + dignity + choice
= healthy aging

DATE:
Thursday, May 11

TIME:
10 a.m.-2 p.m.

PLACE:
Central Building,
810 3rd Avenue
(between Columbia & Marion,
in downtown Seattle)

PHONE:
(206) 684-0500

TTY:
(206) 223-2778

Mayor's Office for Senior Citizens Healthy Aging Fair

**Calling all Seniors
and Baby Boomers!**



You can have your cholesterol, blood pressure, and glucose levels checked, along with body fat analysis and posture/spine screening. Free mini-massages, healthy snacks and bottled water will be offered, plus a wealth of information on senior wellness, fitness and disease prevention.

Get information on senior employment, hospice care, nutrition, recreation, utility assistance, and volunteer resources! Check out BenefitsCheckUp and talk with Medicare Part D specialists about prescription benefits.



City of Seattle
Gregory J. Nickels, Mayor
Human Services Department
Mayor's Office for Senior Citizens



PINNACLE



MYHEALTHCHECK.NET